

繕打 中文及英文 心得報告，應包含下列項目

(**中文至少 1,000 字+英文至少 500 字**。赴中國交換者不需撰寫英文心得。)

A. 學校簡介

列日大學成立於 1817 年，是第一所由國家資助的公立法語國際性大學，是歐洲最早成立的、公立高等學府之一。位於比利時的法語區首府——第三大城市列日市。近兩百多年來，已發展 成為一所學科齊全、以先進嚴謹的學術教育和一流科研水平而著稱的世界一流綜合性大學。在 校學生 17000 名。列日大學和德國亞琛工業大學以及荷蘭馬斯垂克大學都是 ALMA 大學聯盟的一員。列日大學管理學院(HEC Lie`ge，前身為 HEC-ULg)成立於 2005 年，由 1898 年創建的私立 學院列日高等商學院(HEC-Lie`ge)和列日大學經濟學與工商管理系(le De´partement d'e´conomie et l'Ecole d'Administration des Affaires)合併而成，所以校區以及學生自治系統 跟其他系所不太一樣。

B. 國外研修之課程學習 (課內)，推薦受益最多/最喜歡的課程

我最喜歡的課程是 Brand management 這門課，是 marketing 碩一的必修課，是由兩位教授共同授課，課程比較扎實一點。來交換之前聽很多學長姐分享，比利時的課程都滿難滿硬的，分數也相較其他國家給的不高，後來才發現是真的！雖然這門課比較辛苦，分數也不是那麼好看，但真的學到很多，兩位教授也都非常有專業 (上課都穿得超 fashion，有夠好看)，我的組員也都非常認真，是很有收穫的一堂課。

C. 國外研修之生活學習 (課外)

課外的部分當然就是瘋狂旅遊！比利時總共有兩個機場，一個是 BRU 布魯塞爾國際機場，另一個是 CRL 廉航機場。列日的地理位置我覺得非常棒，坐火車過去 BRU 只要一個半小時，坐接駁車過去也是一個半小時，真的非常方便！

我住宿地點的地理位置也很好，走路 6 分鐘到國際處，走路 10 分鐘到管理學院，走路 10 分鐘內有好幾間超市可以做選擇，從四月開始列日也開始有輕軌了，更加乾淨舒適又方便準時！

D. 交換/研修之具體效益 (請條列式列舉)

1 廚藝更加提升。之前有待過美國三個月的經驗，因此自己煮飯不是問題，但因為當時有員工餐，所以煮飯的頻率沒有像在比利時這麼高，在這邊幾乎餐餐自己煮，我本身很享受備料跟煮飯的過程，但亞洲胃偶而還是會受不了，偶爾會吃中式外食。

2 學會慢慢過生活。來之前很常聽朋友分享歐洲很 chill 之類的，到了當地才懂這是什麼意思，我認為這是一種生活態度，他們不是不在乎，他們是很享受當下，享受當下的一頓飯、一本書、當下

的學習等，我也讓自己學會慢下來，好好享受每件事、每個過程。

3 學會面對各種變數。在歐洲，罷工、班機被取消，都是常有的事情，學會留一些緩衝時間才會讓旅程更加順利開心，我也從一開始遇到問題時的緊張焦慮，變成冷靜下來想該怎麼做最好。在歐洲旅遊真的要有心理準備，趕快找備案，跟旅伴討論，盡量不要耽誤到下一個行程才是最好。

- E. 海外生活期間是否曾遭遇困境，及是否解決問題？如是，請說明如何解決問題；如未解決，請說明事件最大的啟發及思考未來可以怎麼解決？

我認為我在海外遇到最大的問題是身體上的問題，後期因為行程排太滿，身體有點負荷不來。在國外並不像台灣這麼方便，不管是就醫還是買藥，我當時的狀況最方便的是去藥局詢問然後買藥，他能賣給我的藥也有限，所以後來真的都是自己上網查資料，自己照顧自己的飲食，在國外生病會覺得特別無助，身體已經很虛弱了，但一切沒有在台灣方便，加上沒有熟識親朋在身邊，真的會稍微影響心理，也會感到特別難受。

- F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

第一個遇到的文化衝擊真的是飲食文化！首先超市賣的東西就跟亞洲非常不一樣，後來在租屋處遇到室友後，冰箱裡冰的東西、用餐的時間、煮飯的時間（好處是我都不用跟他們搶廚房）。我有一個義大利是有很常吃一個罐裝的綠色豆豆，他會炒一下來吃，看起來很不美味，但是他天天吃，有被嚇到。

- G. 海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼？

我認為在個人特質上的轉變是有的！我一直都是一個很外向的人，也喜歡跟朋友相處，這趟來到比利時交換，來之前不認識任何台灣人，其他台灣人也對參加學生會辦的活動沒什麼興趣，因此我都是自己參加的，有時甚至整場只有我一個亞洲人。以前在台灣，我雖然很愛參加活動，但通常都是有朋友一起，來這邊後變成覺得可以自己參加很自在，想離開也不會有壓力，不會在意別人眼光，因為大家都是這樣，我也因為這樣交到很多外國朋友。

- H. 感想與建議

我個人整體非常推薦列日大學！優點說不完：準備前期各種資料的發送很完整、選課有專人跟你討論建議、email 回覆速度快、ESN 非常活躍很認真辦活動、課程是扎實有料的、整體學習風氣好、地理位置也很好（離兩個機場都很近）。

但是整體不推薦比利時，因為從剛開始的簽證就比其他國家貴非常多（跑完整個簽證大約 2 萬台幣左右），還不包括後續到當地後跑居留證，很多步驟都要再繳錢，要登記出境也還要再繳一筆。到了當地物價也很高！在日常生活花費上會比其他國家貴（超市、外食等）。

總而言之，很推薦來列日大學交換，但如果「金錢考量」是首選的話，不推薦選擇比利時交換。

I. 英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等) 500 字以上

赴中國交換者免填英文心得

My favorite course was Brand Management, a compulsory subject for first-year master's students in marketing. It was co-taught by two professors, and the course was quite intensive. Before coming on exchange, I heard from many seniors that courses in Belgium are generally tough, demanding, and the grading is stricter compared to other countries — and I later found out it's true! Although the course was quite challenging and the grades weren't ideal, I genuinely learned a lot. Both professors were extremely professional (they also dressed incredibly fashionably — seriously, so stylish!). My group members were also very dedicated, so overall, it was a rewarding and enriching course.

Outside of academics, I traveled a lot! Belgium has two airports: BRU (Brussels International Airport) and CRL (the low-cost carrier airport). I think Liège is in a fantastic location — it takes only an hour and a half to get to BRU by train or shuttle, which is super convenient!

The location of my accommodation was also excellent — just a 6-minute walk to the International Office and about a 10-minute walk to the Business School. There were several supermarkets within a 10-minute walk too. Starting from April, Liège also launched its light rail system, which made the city even cleaner, more comfortable, and more punctual.

The biggest challenge I faced abroad was health-related. Toward the later part of the exchange, my schedule got too packed, and my body couldn't keep up. Unlike in Taiwan, seeking medical help or buying medicine isn't as convenient abroad. The easiest option for me was to consult pharmacists and buy over-the-counter medicine, but even that was limited in what they could provide. In the end, I had to rely on online research and manage my diet and care myself. Being sick abroad can feel particularly helpless — when you're physically weak and everything is less convenient than in Taiwan, plus you don't have close friends or family around, it definitely takes a toll on your mental state too.

I also experienced personal growth during this exchange. I've always been an outgoing person who enjoys spending time with friends. When I came to Belgium, I didn't know any other Taiwanese students beforehand, and most of the other Taiwanese students weren't interested in joining student union activities. So, I attended all the events alone — sometimes I was even the only Asian person at the event. Back in Taiwan, I loved attending events, but usually with friends. Being here changed that — I now feel comfortable joining activities on my own, and I don't feel pressured to stay or worry about how I look to others. Everyone's doing their own thing, and because of that, I ended up making a lot of international friends.

Reflections and Suggestions

Overall, I **highly recommend the University of Liège!** There are so many advantages: the preparation before the exchange was well-organized; there was someone to assist and advise during course selection; email responses were fast; the ESN (Erasmus Student Network) was very active and dedicated to hosting great events; the courses were rigorous and informative; the academic atmosphere was great; and the location is ideal (close to both airports in Belgium).

However, I don't generally recommend Belgium as an exchange destination due to the high costs. The visa process is much more expensive compared to other countries (around NT\$20,000 in total), not to mention the additional costs after arrival, such as applying for a residence permit or registering your departure. Daily living expenses are also higher — groceries, eating out, etc., tend to cost more than in many other countries.

In summary, I strongly recommend the University of Liège as an exchange school. But if budget is your top concern, Belgium might not be the most cost-effective choice.